

April 2019



Island County Parent to Parent Newsletter



Behavioral and Developmental Skill-Building Workshops

6-Week Skill-Building Workshop Series

Every Tuesday (April 16 - May 21)

5:30pm-7:30pm - Oak Harbor

Sessions will focus on tools, resources, and local support for parents, guardians, and caregivers of individuals with Autism and/or Developmental Delays.

Topics to include: Functions of Applied Behavior Analysis (ABA), Reinforcement, Consequence Intervention, and Special Education Laws & Rights

MUST ATTEND ALL SESSIONS - LIGHT REFRESHMENTS PROVIDED

REGISTER ONLINE at 2019apicworkshops.eventbrite.com

Curriculum and presentations provide by Autism Partnership of Island County Members: Toddler Learning Center, Parent to Parent, Pediatrics of Whidbey Island, Leaps and Beyond, Aptitude Habilitation Services, ECEAP, Organization for Research and Learning, and WA PAVE.

Space is limited

FREE Childcare—Limited spots available. RSVP to reserve a spot at least 1 week prior to session.

For more info, email: jaemee.w@tlcwhidbey.org

DISCLAIMER: This event/activity is NOT being sponsored by the school district, and the district assumes no responsibility for the conduct or safety of the event/activity. In consideration for the privilege to distribute these materials, the Oak Harbor, Coupeville, and South Whidbey School District shall be held harmless from any cause of action, claim, or petition filed in any court or administrative tribunal arising out of the distribution of these materials, including all costs, attorney's fees, and judgements or awards.



Spring Fling Dance Party



**Dancing, Arts & Crafts, Potluck and
Free Family Fun!**

Saturday, April 13th Noon-2pm

Coupeville Rec Hall

901 NW Alexander St, Coupeville

Just a nice time to get together to meet some new families in our community, reconnect with others you've met at events, set up play dates, let your kids be themselves. Great networking opportunity.



For more information, contact Parent to Parent:
Tiffany Wheeler-Thompson (360)632-7539 Call/Text

Parent to Parent offers support and resources for special needs families in our community



Provider Panel & Resource Fair

Hear from local providers about available services, resources, and the upcoming Workshop Series. Series will focus on tools, resources, and local support for parents, guardians, and caregivers of individuals with Autism and/or Developmental Delays.

Panel featuring:

Toddler Learning Center

Island County Parent to Parent

Parents

Pediatrics of Whidbey Island

Leaps and Beyond

Aptitude Habilitation Services

Speech Language Pathologist

Occupational Therapist

April 8, South Whidbey Community Center 5:30pm-7:30pm

RSVP ONLINE at apic-workshops-southwhidbey.eventbrite.com

April 9, Oak Harbor SD Admin Building 5:30pm-7:30pm

RSVP ONLINE at apic-workshops-oakharbor.eventbrite.com

Space is limited

FREE Childcare—Limited spots available. RSVP to reserve a spot at least 1 week prior to session.

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Spring Break Bowling Fun!

All abilities, all ages. Oak Bowl in Oak Harbor Wednesday, April 3rd 2:30-4:30pm.



\$2.25 per game \$2.50 shoe rental. Casual fun and a chance to meet others in our community. To RSVP contact Tiffany (360)632-7539 Don't forget to sign your kids up for "Kids Bowl Free"

It is super easy and super fast to register this year! Just visit: www.kidsbowlfree.com

Registered Kids Receive 2 FREE GAMES Of Bowling Each Day All Summer Long



IEP and 504 Plan Workshop with Jen Cole from WA PAVE

Tuesday May 21st 5:30-7:30pm at Skagit Valley College.

Learn about Special Education Law (IDEA), Rights & Responsibilities for the Schools and the Families and more.

To RSVP email jaemee.w@tlcwhidbey.org



Night to Remember Prom

Saturday May 4th 6-8:00pm CPO Club in Oak Harbor

Special Needs prom for ages 14 & up. Great opportunity to dress up, dance with friends and have a night to remember. Become a Queen or King for the Day! Details and registration information to follow

Free Admission Days for Seniors & People with

Disabilities



**FREE Days
for
Seniors
& People
with
Disabilities**

On Tuesdays Only, Dates include:
April 16, May 21, June 18, July 16, Aug
20, Sept 17 and Oct 15 Before you head
out, always verify dates and times (253)
404-3800

Sensory-Friendly Mornings welcome all families that can benefit from a low-sensory museum environment before we open to the public. **Free** early access before the museum opens to the public

Advanced notice of what to expect during your visit

Lowered sound and lighting in galleries and Sky Church

Art activity from 8am-11am and low-sensory break spaces

Noise cancelling headphones available (206)770-2702

Some **Summer Camps** are open for registration. Spots fill up quickly. Camp Beausite NW <https://campbeausitenw.org/> is just 25 minutes outside of Port Townsend and their registration is open now. Some weeks are already full. If you have any questions about this camp, you can email/call them or me. My daughter has attended their camp 4 times and she is registered for this summer. Seattle Children's will not be releasing a new Summer Camp Directory since they lost funding last year. However, they still have a list from 2018 on their website for you to get info and contact information. <https://cshcn.org/resources-contacts/summer-camp-directory/> Don't wait too long. Some camps are **covered by DDA** funding.



Support, Social and Advocacy Groups

Coffee & Conversations

A drop in support offered north and south. North - Whidbey Coffee next to Wendy's in Oak Harbor on the **1st Wednesday of the month**.

South - South Whidbey Commons in Langley on the **2nd Thursday of the month**. Both are 11am to Noon. Call Tiffany with questions or details **(360)632-7539**

PAMI Padres Apoyando Motivando Informando

Grupo de apoyo en Español para familias de niños con necesidades especiales. **Primer Martes** de cada mes. Laiza **(787)529-6788**

Whidbey Functioning Autism Social Group

We are an informal group that provides support, information and social fun for individuals on the Autism Spectrum. Contact Todd Brehmer fineart@whidbey.net

People First

Adults with disabilities that want to meet others with disabilities, build friendships, and promote inclusion in their community. Meets **2nd Thursday of the Month** in OH. Contact Mike Etzell for more info **(360)678-7883**.

Heritage Adventurers

A friendship group adults ages 18 and over meets for outing and events. Their various abilities and different ways of learning and sharing make it a fun group to be with. If you are 18 and over, looking for friendships and adventures, call Kelsey's mom, **Sue Andrew (360)321-5748**

Helpful Websites and Resources

Washington State Parent to Parent www.arcwa.org

Informing Families www.informingfamilies.org

Understood—Learning Disabilities www.understood.org

Special Education Law (IDEA) Individuals with Disabilities Act www.ed.gov/idea

Office Of Public Instruction (OSPI) Special Education (360)725-6000

Washington State Governor's Office of the Education Ombudsman—Special Education (360)725-6075

Ed Wiley Autism Acceptance Lending Library Stanwood (425)791-0869

Senior Aging and Disability Resource SW (360)221-1600
OH (360)387-6201

Family Health Hotline www.parenthelp123.org

National Alliance Mental Illness (NAMI) www.namiwa.org

University Center for Excellence in Developmental Disabilities www.depts.washington.edu/chdd/ucdd

PAVE - Partnerships for Action, Voices for Empowerment (800)5-PARENT www.wapave.org

Comprehensive list of therapist/psychologists in Island County <https://www.psychologytoday.com/us>

Opportunity Council www.opppo.org (800)317-5427

Medicaid Transportation—NW Regional Council (800)860-6812 www.nwrcwa.org/medicaid-transportation/

Fire Safety for Your Child with Special Needs

While every family should have a home fire safety plan, it's even more critical if you have a family member with cognitive or physical disabilities. These individuals are 2.5 to 6.5 times more likely to die in a house fire. However, there are a number of safety precautions you can take to reduce the risk of injury for your loved ones.

Identify exits

Assess each room in your home and identify at least two exits, particularly in your child's bedroom. Make sure the windows and doors open easily. You may also wish to obtain child-finder fire rescue decals to place on your child's windows. This may save precious time as it helps emergency responders locate the most likely whereabouts of your child.

Smoke alarms

Make sure your house has smoke alarms on every level and in every sleeping room. Smoke alarms can be interconnected, so that if one sounds, all will sound simultaneously. This may provide extra time to escape if the fire starts in a more distant part of the house.

Test your smoke alarms every month and replace batteries often. Some devices have non-replaceable batteries that will last 10 years and may be easier to maintain.

If your child will not respond well to loud noises, consider a smoke alarm that uses a recorded message of your voice, saying something like, "leave the house now." If your child has a hearing impairment, install a smoke alarm with high intensity strobe lights, as well as vibrating bed and pillow shakers that are activated by the smoke alarm.

Fire extinguishers and home fire sprinklers

Install home fire sprinklers and place fire extinguishers in high risk areas, such as the kitchen or a room with a fireplace. These items may help to keep fires small and allow more time for escape.

According to the [National Fire Protection Association \(NFPA\)](#), home fire sprinklers only cost \$1.35 per square foot, may reduce homeowners' insurance premiums, and reduce the risk of dying in a fire by about 80 percent.

Special equipment

Depending on your child's needs, you may need special equipment to help safely and quickly evacuate your child in the case of a fire.

For example, if your child is non-ambulatory (or ambulates

slowly) keep a plastic sled or blanket in an accessible location, particularly near the top of the stairs. It will be easier to drag your child to safety than to carry them, especially under conditions of heavy smoke.

If your child has difficulty with verbal communication, set up a signaling system — like a bell or whistle — so your child can call for help.

Evacuation plan

Map out and regularly practice an evacuation plan with your family; all family members should participate. Take photos of every room to create a visual step-by-step plan. Review and practice leaving valuable items behind, staying low, touching doors to check for heat, and "stop, drop, and roll."

Choose a meeting place in front of the house; make sure that everyone can identify the meeting place and knows they should stay at the meeting place.

To see these ideas in practice, watch this video from SafeKids Worldwide: [Fire Safety for Families with Children with Cognitive Impairments](#). Or, use this [interactive fire safety plan e-book from the NFPA](#). The NFPA also has a website with videos, games and activities designed for kids: [sparky.org](#).

Ask a fire expert

Review your fire safety plan with a member of your local fire department. Bring your child with you to the fire station so they can see the fire trucks and learn not to fear the firefighters. Ask the firefighters if your community has a special needs disaster registry, so you can provide as much advance information as possible about your family and your special needs child.

Caution: Supplemental oxygen

If you have supplemental oxygen in your home, please remember that oxygen causes fire to burn hotter and faster — even if it's not in use. Personal and household items can ignite at lower temperatures if they have previously been saturated with oxygen. Keep oxygen tanks at least 5 feet away from any heat source, open flame, or electrical device.

Absolutely DO NOT allow smoking in your home and consider posting NO SMOKING signs at the front door. Do not use open flames, including candles, matches, wood stoves, and sparking toys when supplemental oxygen is in use.

By: EParents <http://www.eparent.com/education/fire-safety-for-your-special-needs-child/?fbclid=IwAR3KYpJyoLH5WZE9Y9hoLDYe2tTwUtvVdRilcpGNwuYmsRLtqhAogptg1t8>



Understanding the Bigger Picture

Federal Government

SSI—Supplemental Security Income

- *Basic Living Allowance
- *Linked to Medicaid
- *Implemented by State Community Service Office (CSO)

(800)772-1213

SSA—Social Security Administration

- *US Citizen
- *Medically Disabled
- *Apply at age 18 or younger based on income

SSDI/DAC—Soc. Security Disability Insurance

- *Paid into system through employment
- *Or based on parents
- *Medicare

(800)772-1213

State Government Department of Social and Health Services (DSHS)

DDA - Developmental Disabilities Administration

Can Apply at any age for:

- *Early Intervention Services (Birth-3)
- *Case Management
- *DD Endowment Special Needs Trust
- *Employment Support
- *Supported Living Program
- *Adult Family Home Referral
- *Personal Care Services (if eligible)

Island County Region 2
(360)240-4723
www.dshs.wa.gov/ddd

HCS - Home & Community Services

Services seniors and adults with disabilities who do not qualify for DDA

- *COPES (Physical Needs)
- *MPC (Personal Care)

(866)608-0836 (360)429-2961

<https://www.dshs.wa.gov/dda/consumers-and-families/home-and-community-based-waivers-hcbs>

Long Term Services & Information

- *Long term Care Housing Options
- *In-Home Care for Adults
- *Caregiver Resources

Northwest Regional Council
360)676-6749

CSO - Community Service Office

- *Medicaid
- *Childcare
- *Food Stamps
- *Financial
- *Employment/Training

Island County **(877)501-2233**
www.dshs.wa.gov

DVR - Division of Vocational Rehabilitation

Begins working with students in their final year of school preparation for employment

(800)637-5627

www.dshs.wa.gov/ddd

Local Government Island County Developmental Disabilities

Contracts with Community Providers Include:

- Early Intervention Services (Birth—Three)
- Employment Providers (Job Development/Coaching)
- Person Centered Planning Services (Employment)

DD Coordinator Mike Etzell (360)678-7883

DBS

Department of Services for the Blind

Services to support home, school, mobility & employment.
(800)552-7103 www.dsb.wa.gov



PARENT to PARENT

Island County Parent to Parent
 Tiffany Wheeler-Thompson
 PO Box 5000
 Coupeville, WA 98239
 (360)632-7539 call/text
 t.wheeler-thompson@co.island.wa.us
Check out our website. Archived newsletters and our Special Needs Resource Guide
www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx

Like us on Facebook for updates on events and resources in our community.
www.facebook.com/islandcountyparent2parent

Find us on Facebook



Island Transit

Island Transit has a couple of events happening in April. Walks with Wheels-Accessible Local Trails for Hiking at Langley Library April 6th at 10am. Island Transit is

also having a Transportation Fair with Maribeth Crandell- Learn about commute options, bus routes, future of public transit on Whidbey on April 20th at Noon at Langley Library. For more information on either event (360)221-4383. To find out more about Travel Training call (800)240-TRIP



Community Summit: Enriching Lives

Statewide conference in Wenatchee June 11-13 for teens, adults and their families about resources and programs available to transition into adulthood and beyond. For more info or scholarship for registration, contact Mike Etzell (360)678-7883 mikeet@co.island.wa.us

Do you have questions about Apple Health?

We have someone local you can talk to, ask questions and apply for Apple Health. **Heidi Beck**, Eligibility Specialist, located at the Opportunity Council in Oak Harbor. 1791 NE 1st Ave, OH (360)878-4003 heidi.beck@hca.wa.gov

In Washington State, Medicaid is called Apple Health. Apple Health provides preventative care, like cancer screenings, treatment for diabetes and high blood pressure, and many other health care services. Individuals who are aged, blind, or disabled

If you are age 65 and older, blind, or disabled and meet income and resource requirements*, Washington Apple Health (Medicaid) may provide health care coverage and help pay for Medicare premiums and medical expenses.

You may be eligible for Apple Health for Adults coverage if you: Are age 19 through 64, have annual household income at or below the Medicaid standard, are a U.S. citizen or meet Medicaid immigration requirements, are not entitled to Medicare.

Apple Health for Workers with Disabilities (HWD) This program provides coverage to individuals with disabilities (aged 16 through 64) with earned income who purchase health care coverage based on a sliding income scale. HWD has no asset test and the net monthly income limit is based on 220 percent of the Federal Poverty Level (FPL).*

Insurance information and benefits you may not be aware of....

1. If your child is on Medicaid or Tricare, over the age of 3 and has a diagnosis that may causes a delay in **toilet training** such as Autism, Down syndrome, etc, your child's toileting items maybe covered with a prescription from your child's doctor. This includes diapers, pull-ups, bed liners, etc. Ask your child's doctor or insurance benefits coordinator to see if they may qualify. We had our items delivered to our house, free of charge. It is worth asking about.
2. **Free Gasoline for Apple Health Appointments.** You will need: Active Apple Health Provider One ID#, Driver's License, Insurance Proof Vehicle Registration. Call the number below for your county to request.

Island, San Juan, Skagit and Whatcom Counties (800)860-6812, King County: (800)923-7433, Snohomish County (855)766-7433

Have you applied for Developmental Disabilities Administration (DDA)? Your child may qualify for Medicaid under DDA. This is not income based like Supplemental Security Income (SSI). If you child has a disability diagnosis before age 18, contact Callie Richards for information, questions. (360)240-5727. She is located in at the Oak Harbor Field Office.